

LYDIA E. PINKHAM'S

PRIVATE TEXT-BOOK

Revised Edition

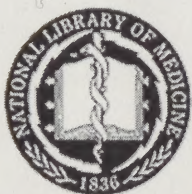


PUBLISHED BY

The Lydia E. Pinkham Medicine Co.

Lynn, Massachusetts, U. S. A.

NATIONAL LIBRARY OF MEDICINE
Bethesda, Maryland



copy

159502

25-



Yours for Health
Lydia E. Pinkham

LYDIA E. PINKHAM'S

PRIVATE TEXT-BOOK

Revised Edition



PUBLISHED BY
The Lydia E. Pinkham Medicine Co.
Lynn, Massachusetts, U. S. A.

CAUTION TO THE OWNER

This little book treats of delicate subjects, and has been sent to you only by request. It is not intended for indiscriminate reading, but for your own private information.



CONTENTS

CHAPTER I

A WOMAN OF CHARM

	Page
Health Is the Foundation — The Seven Rules of Health — Woman's Joys and Sorrows — Women Must Be Helped by Women — Lydia E. Pinkham, Friend to Women — Growth of Pinkham Medicine Company	5

CHAPTER II

ONCE A MONTH

What Women May be Mothers — Periodic Cleansing — Disturbances of This Function — Perils in Establishment of the Function — On the Threshold of Womanhood — A Few Simple Rules — Women Who Work — The Saleswoman — One Woman Tells Another — Three Critical Periods — What Will Lydia E. Pinkham's Compound Do? — Deficient Flow — Excessive Flow — Irregular Menstruation — Painful Menstruation — Neuralgic — Congestive — Obstructive — Ovarian — Treatment — Change of Life — Middle Age Can Be Happy	10
--	----

CHAPTER III

THE JOY OF MOTHERHOOD

The Hope of the Nation — Women Intended to be Mothers — Early Training for Future Mothers — Women Wish Children — Sterility — Treatment — Indications of Pregnancy — Morning Sickness — Constipation — The Breasts — Miscarriage — General Health — Diet — Exercise, Air and Dress — Bathing	23
--	----

LYDIA E. PINKHAM'S TEXT-BOOK

CHAPTER IV

DISEASES OF THE FEMALE ORGANS

	Page
Falling of the Womb — Symptoms — Effect of Pregnancy — Other Displacements — Relief — Inflammation of the Womb — Symptoms — Treatment — Leucorrhea or White Discharge — Treatment — Pruritus or Itching — Treatment — Inflammation of the Ovaries — Treatment — Growths	32

CHAPTER V

NERVOUS DISEASES AND OTHER AILMENTS

Nervousness — Restful Sleep — Sleeplessness — Headache — Neuralgia — Symptoms — Hysteria — Symptoms — Treatment — Melancholy and "The Blues" — Anæmia — Symptoms — Treatment — Head Colds — To Break Up a Cold	39
--	----

CHAPTER VI

KEEP CLEAN INSIDE

Cleanliness Essential to Health — Lydia E. Pinkham's Pills for Constipation — Indigestion — Seven Commonsense Rules — Dyspepsia — "Nervous Stomach" — Unpleasant Breath — Lydia E. Pinkham's Sanative Wash — Prevent Embarrassment	50
--	----

CHAPTER VII

LYDIA E. PINKHAM'S HERB MEDICINE

The Family Medicine — That Spring Feeling — Humors and Eruptions — Boils and Abscesses — Carbuncles — Malaria	55
---	----

CHAPTER I

A WOMAN OF CHARM

Every girl wants to be happy and popular; every woman longs to possess that indescribable something called charm. **Health Is the Foundation.** How shall we attain our hearts' desire? First of all, we must have good health. A happy woman is almost always a healthy woman. Of course, there are chronic invalids who are so cheerful and interesting that their affliction never shadows the sunshine they bring to others, but such cases are rare. It is hard to smile with an abscessed tooth and practically impossible to be "the life of the party" when you have a cold in your head.

Health means a clear skin, rosy cheeks and sparkling eyes. Health means a sound mind in a sound body. Health means steady nerves and a dependable disposition. Health means abundant energy to do your work with ease and efficiency; it means bubbling vitality to enjoy sports and good times in your leisure hours. The woman who is healthy and friendly and interested in the world about her cannot fail to be attractive to others. Radiant health is the foundation of beauty and charm. Obey these *Seven Rules of Health.*

LYDIA E. PINKHAM'S TEXT-BOOK

THE SEVEN RULES OF HEALTH

Rule 1.

Get All the Fresh Air and Sunshine You Can.

Rule 2.

Drink Six Glasses of Pure Water Every Day.

Rule 3.

Eat Balanced Meals.

Rule 4.

Keep Clean Inside and Outside.

Rule 5.

Work Hard and Play Hard.

Rule 6.

Sleep Eight Hours Every Night.

Rule 7.

Be Cheerful.

These rules may be followed with equal success by either men or women. Every woman, however, knows that her sex suffers from ailments of mind and body from which the men escape. When a woman is in good health, the monthly function—which is a wholly natural process—should cause her little or no discomfort. However, there are few women who do not experience, from time to time, considerable trouble from this cause. Even though she may suffer little pain, her nervous system is likely to be upset. Perhaps it is the penalty of civilization. The tension under which we work and the speed and

LYDIA E. PINKHAM'S TEXT-BOOK

excitement of these modern days exact their toll from feminine nerves. For the privilege of being a woman we must pay the price.

Consider that very joy of motherhood. At what a cost of physical suffering it is purchased every mother knows—man can only guess. The nervous system of woman, intimately connected with her power to become a mother, is peculiarly delicate; and, when disordered, “like sweet bells jangled, out of tune and harsh,” it produces terrible discords, a woe that is purely feminine.

When the head throbs and the back aches, when the sufferer becomes hysterical, and every fancied ailment seems real to her; when she is now weeping and wailing, now laughing mirthlessly and uncontrollably; when, again, she becomes “blue” and melancholic, a prey to sudden tears without cause, then man may look on with wonder, but hardly with comprehension.

So it is to other women that such sufferers naturally turn for sympathy and help.

Women Must be Helped by Women. The husband may be of all the world nearest and dearest to the wife, but he is little more than a helpless spectator of this distress. Some womanly neighbor or friend must supply the comfort and advice which he cannot. The father may have shielded and loved his daughter from her birth, been ever her chosen adviser, jolly comrade and dearest friend, but in troubles of this kind he seems

LYDIA E. PINKHAM'S TEXT-BOOK

to her almost a stranger, and it is to the mother that she turns for help.

About sixty years ago, there was living in Lynn, Massachusetts, a woman named **Lydia E. Pinkham, Friend to Women.** Lydia E. Pinkham was a sweet faced, middle-aged woman of true neighborly spirit. Whenever there was sickness or trouble in the community, she was among the first to offer her sympathy. Her advice was often sought by friends and neighbors who were suffering from ailments of women. Now it happened that Mrs. Pinkham possessed the recipe for a powerful root and herb remedy which she had used with great success in her own family. With true womanly sympathy, she gave this medicine free of charge to all who asked, for many years. Grateful women, amazed and delighted with the results, recommended this new remedy to their friends. So its fame spread.

In 1873, Mrs. Pinkham and her children began to market her Vegetable Compound. From the proceeds of its sales, the family began to make its virtues known by judicious advertising. Whenever it was tried, it proved to be its own best advertisement. Ailing women rejoiced in improved health. Other women, suffering from similar ailments, flocked to the stores to buy.

For the first few years, Lydia E. Pinkham's Vegetable Compound was prepared in a large kettle on

LYDIA E. PINKHAM'S TEXT-BOOK

the kitchen stove in Lydia E. Pinkham's own home and bottled by her sons. Before long, the business was moved to a small laboratory and a few helpers hired. Today the laboratories of the Lydia E. Pinkham Medicine Company at Lynn, Massachusetts, occupy six buildings, including a new four-story fire-proof warehouse. Lydia E. Pinkham's Vegetable Compound is now prepared in great glass-lined tanks, each of which holds 5000 gallons of medicine. Only herbs which can pass a rigid inspection are accepted by the Pinkham chemist. Throughout the process of manufacture, the greatest hygienic precautions are observed. Every ounce of Vegetable Compound is pasteurized, then led through brass pipes to an immaculate white-tiled room where it is bottled, in sterilized bottles, for market.

Any one who buys the Pinkham Medicines may rest assured that they are made of the best materials under sanitary conditions. From the beginning, and now more than ever, it has been the desire of the Lydia E. Pinkham Medicine Company that their formulas be pharmaceutically correct. They are continually experimenting with laboratory tests to keep their products abreast of the unfolding knowledge of therapeutics.

CHAPTER II

ONCE A MONTH

Neither the very young nor the old are capable of becoming mothers. The time of life during which woman has this great privilege is that when she ought naturally to be most vigorous, and in the best physical condition. This lasts some thirty or thirty-five years, beginning in temperate climates like this of the United States at about the age of fourteen years.

The first few years of this time should be years of preparation and development; the body is still immature and marriage and motherhood are best deferred until at least the age of eighteen or twenty. So, too, the last years of this time are not the best ones in which a woman may become a mother; in these years the capacity for maternity is apt to be gradually withdrawn, a process known as the "Change of Life."

This entire time of possible motherhood carries with it special functions of the body appropriate to such a time. Minute ova or eggs are formed, which when fertilized may develop and produce children. Rich blood should be formed in especial abundance, so that it may be ready not only to feed all the organs and structures of the body, but also to develop the child that is to be.

When the eggs are not fertilized, neither they nor the blood destined for the child's development are needed. They are expelled like other waste. This should occur once every four weeks, leaving a new supply to be formed. This process of cleansing is called menstruation, and is a very important process indeed.

In perfect health menstruation
Disturbances would begin at about the age of
of This fourteen years, continue for from
Function. three to five days, and recur regularly once in every twenty-eight days, or very nearly that time, until the age of forty-five or a little later. Being a natural process, it should be painless. The amount of blood lost at each time would be just equal to the surplus produced, leaving the woman in the best condition. That amount varies in different individuals, averaging from four to eight ounces.

But this healthy beginning, continuance and end of the menstrual function, as this process is called, is subject to derangement in all sorts of ways. The function may be delayed beyond the proper age, and even fail altogether of appearance. The flow may be too little or too infrequent, or continue for too short a time. These are cases of deficient flow. On the contrary, it may begin at too early an age, may be too great in amount, too frequent, or too long continued. These are cases of excessive flow. Again, the intervals between its occurrence may be so irregular as to be sometimes too long and sometimes too short.

LYDIA E. PINKHAM'S TEXT-BOOK

Hardly any woman is so thoroughly healthy and strong that the process is not attended by at least some discomfort, but this discomfort should not amount to actual pain. Still, few altogether escape pain at these times, and with many the pain is intense. The greatest risk of these evils is to young girls, when the function is first becoming established, and to women at the "Change of Life," whom it is beginning to leave. Another possibility is that the function may cease several years before it should.

When the girl begins to develop into a woman, ignorance, neglect, or mischance may cause many things to interfere with the process. One of the worst is a sudden chill or a bad cold.

Perils in Others are over-work, exposure, late
Establishment hours, carelessness in lifting heavy
of the articles, and too much study or care
Function. at the critical time. A girl may lack
vitality and require nourishment

and building up, and for want of this have no menstrual flow or an insufficient one. Others who are robust and full-blooded may have had the flow checked or prevented by some of the causes just named, and become abnormally fat and sluggish, from the clogging of the system with superfluous material.

On the There is no time in the life of a
Threshold of girl that brings so much positive
Womanhood. danger as the period of her first
menstruation. It is then that she
needs all the advice and care a good
mother can bestow. The moments that the girl is

then passing through are so critical and may have such far-reaching effects upon her future happiness and health, that it is almost criminal for a mother or guardian to withhold counsel and advice. Many a woman has suffered years of prolonged pain and misery through having been the victim of thoughtlessness or ignorance on the part of those who should have guided her through the dangers and difficulties that beset this period.

A Few Simple Rules. The mother of any girl who is passing through this monthly disturbance should be very careful to guard her in every possible way. Knowing the difficulties and dangers of the period, and the manner in which the human frame is liable to be attacked by all kinds of minor ills, from a feeling of depression and lassitude, to headaches, want of spirit, and utter fatigue, every care should be exercised that the sufferer be entirely free from any annoyance or irritating influence.

Everything possible should be done to throw to the winds all those dark forebodings which may come upon the brightest of girls at this period. Be agreeable and cheerful in their company, expect little from them, but be prepared to render much.

It is most important that every care should be taken to prevent the patient from taking cold. This does not imply that an indoor life is to be led during this period. Rather should activity be aimed at so long as it is not of a violent nature. Avoid bathing in cold water.

LYDIA E. PINKHAM'S TEXT-BOOK

A sudden chill is most dangerous when one is in a menstrual condition, and every care must be taken to guard against it. Warn your daughter not to get her feet wet. If she should, have her take a hot foot-bath as soon as possible to avoid unpleasant results.

Women Who Work. Women who must earn their living by sheer hard work have cause to always dread the period of menstruation. Nature cries out for them to rest, to lie down, to refrain from all exertion and excitement. The wheels of industry grind steadily on, allowing no respite or freedom. There is work to be done and they must be on the job. Loss of time from work usually means a corresponding loss of pay. The woman who has only herself to support can ill afford to cut several dollars every month from her earnings. The woman who has others dependent upon her feels that she positively cannot stay at home from work except for serious illness. So in factories, mills, and stores there are many women who suffer untold agonies during the few days when they are at their worst.

The Sales-Woman. Take, for instance, the case of the saleswoman who for long hours has to stand behind a counter, with ever a smile upon her face, no matter how great her suffering, with many a disagreeable customer to serve. This is not only a hardship, but to be obliged to be on one's feet con-

LYDIA E. PINKHAM'S TEXT-BOOK

stantly without relief is an actual danger to health. Employers should do all in their power to lighten the burden of their workers at such times. Yet the task has its difficulties. The average woman with true modesty refrains from making her troubles known, where often a kind heart would be only too ready to relieve her of many of her burdens.

One Woman Tells Another. Working women know how to sympathize with each other. When one of them finds a remedy that helps her to do her work under trying conditions she is quick to tell others, that they too may benefit from it. In just this way—by one woman telling another—the worth of Lydia E. Pinkham's Vegetable Compound has been made known. Like an endless chain, the procession of grateful women stretches on and on and on!

Three Critical Periods. There are three critical periods in a woman's life; when the girl matures to womanhood, when the woman gives birth to her first child, when the woman reaches middle age. At these times Lydia E. Pinkham's Vegetable Compound proves a friend in need. During the past few years, over 400,000 letters have been received by the Pinkham Medicine Company. 98 out of every 100 letters say "*Your medicine helped me.*" If Lydia E. Pinkham's Vegetable Compound benefits so many other women, isn't it reasonable to suppose that it will help you too?

LYDIA E. PINKHAM'S TEXT-BOOK

What Will Lydia E. Pinkham's Compound Do? Lydia E. Pinkham's Vegetable Compound is made from selected roots and herbs. It contains no narcotics or habit-forming drugs. It helps to tone up and strengthen the whole system. It aids nature to restore and preserve a normal condition of health. Women say: "It keeps me fit to do my housework." "It helped my thirteen-year-old daughter." "I took it before and after my baby was born." "I was nervous and run down. Now I eat better and sleep better." "It is wonderful at the Change of Life." "My mother took it years ago. Now I am giving it to my girls." "I don't have blue spells now and I am gaining every day." "I am recommending it to my friends."

If you have reason to believe that anything is wrong with the process of menstruation, give Lydia E. Pinkham's Vegetable Compound a fair trial. Slight disturbing influences, if unchecked, may bring about a serious condition. Even when the condition is of long standing, a persistent and faithful use of the medicine, with proper observance of the rules of health, will seldom fail to benefit non-surgical cases.

Deficient Flow. In cases of deficient menstruation, the best form in which to take the Vegetable Compound is the liquid, as furnished in bottles. In such cases care should be taken that the other processes by which the body rids itself of waste material should

LYDIA E. PINKHAM'S TEXT-BOOK

be in full and free operation. Keep the skin active by frequent baths. Sometimes it is well to cause profuse perspiration. This may be done by placing the feet in hot water, by taking a hot drink and wrapping up closely in warm blankets, or by the use of the hot water bottle. If possible, take this sweating upon retiring, to avoid catching cold. However, a chill can usually be avoided by rubbing briskly with a rough towel.

The bowels should be thoroughly cleared daily. If there is any difficulty in securing this, take Lydia E. Pinkham's Pills for Constipation. If necessary take injections of very warm water (most effective if a little soapy) by means of a fountain syringe, taking a quart or more at a time if possible. Drink plenty of pure water; if tea is used, it should be weak.

Excessive Flow. When menstruation is excessive, a somewhat similar course should be pursued. Some exercise should be taken in the open air and sunshine, avoiding violent exercise and over-work. The Vegetable Compound should be taken in the dry form. In this form the medicinal elements are the same as in the liquid form, but the dry form is better adapted to these cases.

Irregular Menstruation. Menstruation may be too frequent or too profuse, at other times delayed and scanty. A great many women have found that the persistent use of Lydia E. Pinkham's Vegetable Com-

LYDIA E. PINKHAM'S TEXT-BOOK

pound helps to regulate the flow. For this purpose, the liquid form of the Compound is better than the tablet form.

Painful Menstruation. When a woman suffers considerable pain at the time of menstruation, it is because her general health is not good or because some of the organs of reproduction are not in normal healthy condition.

Neuralgic. Neuralgic pain of this kind is from general rather than local causes. It resembles neuralgia in other portions of the body, and arises from such causes as excessive mental application, exposure to cold and damp, or anything which produces weakness and lack of tone in the nervous system. The pain may be sharp and fixed, or piercing and darting; usually it is confined to the region of the reproductive organs, but sometimes it may extend down one thigh or up into one of the shoulders, or be felt over the entire abdomen. It begins several hours before the flow; sometimes it disappears when the flow begins, but sometimes it continues, though usually with less severity.

Congestive. Congestive or inflammatory disturbances seem to come from some local derangement. They may be caused by exposure to wet and cold at menstrual periods or by chronic inflammation in that region. The pain is severe, continues as long as the flow lasts,

LYDIA E. PINKHAM'S TEXT-BOOK

and is generally attended by fever, a rapid and full pulse, headache, nausea, constipation and nervous irritability.

Obstructive. Obstructive difficulties come from something which mechanically impedes the flow. It may be an undue contraction in some part of the organs, a small polypus or morbid growth, or a bend or displacement of the womb. These cause the blood to accumulate and distend the womb. A violent contraction produces paroxysms of severe pain until the blood is at last expelled, usually in a thick, clotted form.

Ovarian. Ovarian pain comes from a chronic inflammation of the ovaries. In this form there is a dull ache in the whole region extending down the thighs. This is felt several days before the flow begins, and is often accompanied by sympathetic pains in the breasts, and by nausea and vomiting. The ovaries themselves become enlarged and tender.

Treatment. Give Lydia E. Pinkham's Vegetable Compound a fair trial. Take it faithfully and regularly all the month and see if your next period is not less painful. Keep the skin active by frequent baths. To relieve pain apply a hot water bottle or flannel cloths wrung out in hot water to the abdomen. Soak the feet in hot mustard water. Take a hot hip bath before

LYDIA E. PINKHAM'S TEXT-BOOK

retiring. If you suffer from headache during the menstrual period take Lydia E. Pinkham's Phenrin for quick relief.

Change of Life. Though menstruation generally ceases to occur at an age somewhere between forty-five and fifty years, it may come to an end at a much earlier age, and sometimes it may continue until the age of fifty-five.

This change is generally marked by some irregularity and by disturbances of health which are sometimes very serious. The process differs very much with various individuals. With some women menstruation stops abruptly and does not return; with others there is a period of irregularity more or less prolonged; with others still there may be a gradual decrease extending over a term of years and ending in the complete cessation of the function.

Many strange deviations from regularity occur as the change approaches; at times the discharge will be scanty, at others profuse; a catarrhal discharge may take its place for a time, and then menstruation become again regular. Then there will be no flow for months, followed by profuse and excessive flowing. When menstruation ceases gradually, there is less disturbance to the nervous system and constitution than where there is great irregularity. At the cessation of menstruation the mission of the ovaries and womb is finished, and childbearing becomes impossible.

LYDIA E. PINKHAM'S TEXT-BOOK

In addition to the menstrual irregularities attending this change, there is often melancholy, great depression, nervousness, irritability, headache, dizziness, a sense of fulness or suffocation, constipation; the appetite is variable, the digestion is disturbed, and the heart palpitates. The most severe effects are frequently produced by a disturbance of the nervous system known as "heat flushes"—waves of heat appearing to pass over the body, causing the face to be very red, and producing headache and dizziness.

As the time for the change approaches, the general health should be watched carefully, for if this period of life be passed over safely, many years of perfect health may be enjoyed.

Middle Age Can Be Happy. Countless active, contented women of middle age tell their friends that they owe their health and vigor to Lydia E. Pinkham's Vegetable Compound. This medicine is a great tonic. It helps to build up the whole system, stimulates the appetite, aids digestion, quiets the nerves and encourages natural, refreshing sleep. If there is any tendency toward excessive flow, the dry form of the Vegetable Compound should be taken. Keep the bowels open with Lydia E. Pinkham's Pills for Constipation. Do not over-work. Lie down for at least a short rest period every day. Spend as much time as you can in the fresh air and sunshine. Plant a flower garden and as you

LYDIA E. PINKHAM'S TEXT-BOOK

tend it and revel in its beauty from day to day, your nerves will grow quiet and your rest sound. Have a hobby. Anything will do, from checkers to chickens. Take an interest in church and civic affairs. See what you can do to help others, either by personal sympathy or through organized charity. See good, bright plays. Read clean, stimulating books and magazines; avoid the morbid ones. Be cheerful and you will be safely over this critical period almost before you know it.

CHAPTER III

THE JOY OF MOTHERHOOD

**The Hope
of the
Nation.** The security of this nation lies not in the integrity of its government nor in the wealth of its natural resources, not in the strength of its battleships, but in the health and prosperity of its citizens. The hope of any nation is its boys and girls.

**Women
Intended to
be Mothers.** Woman is designed by Providence to be a mother. Though this design may fail in some individual cases, it is to this end that woman is endowed with all that makes her woman. So it is natural that the wife hopes to have a family of children to grow up around her, and that, at last, she may see her children's children in turn around her. But mothers must be strong and healthy or their children will be weaklings, and future generations fail to equal those of the past. The existence and the character of all future generations is dependent upon the mothers, especially upon the health of the mothers and their physical fitness for motherhood.

So our girls must be so reared and trained that they may be fit to become good mothers. The school-

LYDIA E. PINKHAM'S TEXT-BOOK

girls of today will be the mothers of tomorrow. It is the solemn duty of their own mothers to see that they are fitted for this, to carefully watch the unfolding and development of the womanly nature, and train it as the gardener trains his vines in order that they may bear the best fruit.

Early Training for Future Mothers.

Ignorance often leads to ill-health, and sometimes to permanent invalidism. The young girl needs to be told about her own nature, and how to care for her body and keep it in health, to be preserved from violating the laws of health through ignorance of them. Her mother can best do this, and should do it tactfully, delicately, but plainly.

That is a false modesty which restrains the mother from doing this. It is the prude who neglects it because she shrinks from touching at all upon this immensely important subject, leaving the girl to pass unseeing and unknowing amidst a thousand perils, perils certainly to her health, possibly perils to her morals. Remember, it is God who formed woman for motherhood, and "what God has cleansed, call not thou common or unclean."

**Women
Wish
Children.**

Some may answer that women do not wish to become mothers. Whether they actually become so or not, they still have that physical mother-nature of woman, and they

LYDIA E. PINKHAM'S TEXT-BOOK

must know how to preserve this in health, or else suffer grievously. But the charge that women do not wish to become mothers is one of the greatest of many gross and unfair libels which women have had to endure in silence. They are the few and unnatural who would not prefer this normal privilege of womankind.

The wife who is disappointed in her hope for children should not readily despair.

Sterility. There are, occasionally, cases of malformation which make motherhood impossible, but these are rare, like the birth of children with a limb or organ missing. Fortunately, such monstrosities are but seldom produced, and incurable barrenness is an extremely rare condition.

There are, of course, a great many women who cannot have children, but almost always this is due to removable causes. It might be an extremely unfortunate thing both for mother and child, if children could be born from women having abnormal conditions of body which now prevent such a result. First

Treatment. let the woman get into a healthy and normal condition, and then, when she is fit to have children, there is little fear of barrenness. Some of the conditions which disappoint the hope of children are displacement of the womb, constriction of the tubes leading from the ovaries, local catarrhal conditions, obstructed menstruation, and abnormal growths or tumors. Any one who understands the process of re-

LYDIA E. PINKHAM'S TEXT-BOOK

production can see how many of these things obstruct it and need to be removed.

Indications of Pregnancy. During pregnancy there is usually no menstruation, and this is generally the first and most striking indication of a pregnant condition.

Then nausea and vomiting in the morning are apt to occur, the rings of color around the nipples grow darker, and the breasts may become swollen and painful. If the woman is not in the best physical condition, there is likely to be pain in the lower part of the back, also a morbid longing for unusual articles of food, and a disposition toward fanciful ideas. These symptoms vary much according to the individual and her circumstances, depending largely upon her physical condition, the care she gives her health (the condition of the bowels being especially important), her habits, and the amount of exercise taken.

Morning Sickness. Soon after conception the womb drops to a lower position in the body, and gradually increases in size and weight, this becoming evident usually during the second and third months. At the fourth month it rises again into the abdominal cavity. The disagreeable sensations experienced in the early months of pregnancy result from the low position of the womb. During the first three months nausea and vomiting are likely to occur in the mornings, and may generally be prevented or relieved by taking before getting out of bed a little light food with

LYDIA E. PINKHAM'S TEXT-BOOK

a cup of weak tea or black coffee, or a glass of milk, to which two tablespoonfuls of lime water have been added.

The womb in its lower position is liable to press against the lower bowel and cause serious trouble by producing constipation. From this, serious effects often result. The enlarged and hardened lower bowel presses the womb forwards, obstructing the passage of water which is effected only with difficulty and pain. The pressure also obstructs the flow of blood in the veins, producing congestion in the lower bowel, which causes hemorrhoids or piles. If piles develop, great relief may be obtained by using Lydia E. Pinkham's Pile Suppositories night and morning.

In all cases of constipation the blood and entire body are more or less poisoned by the absorption of the waste which is retained. The way to avoid all this is to take especial care at that time to secure a regular free daily movement of the bowels. Take Lydia E. Pinkham's Pills for Constipation. These are improved, coated pills, easy to swallow and dependable in their action. They are purely vegetable and should not upset the stomach. If the bowels are hard to move enemas or injections of warm soapy water should be taken by means of a fountain syringe.

The Breasts. During pregnancy the breasts are gradually being prepared for their office in furnishing nutriment for the child. Care should early be taken to assist this process. The clothing should be loose and not allowed to so press upon the breasts as to prevent their enlarging and rounding out. If the nipples are somewhat flat, they should be pulled out gently each day with the fingers. At the entrance upon the last month of pregnancy a beginning should be made at hardening the nipples, in order that they may not be too tender when the child begins to nurse, and that fissures and cracks may not form in them. For this purpose apply to them each morning, with absorbent cotton, a mixture of one fluid ounce of glycerite of tannin with one fluid ounce of pure water.

Miscarriage. When a woman is looking forward with hope and joy to the coming of her child, a miscarriage is a bitter disappointment. When the usual times for menstruation approach, the danger of miscarriage is greater, for the habit, acquired by the body, of discharging the contents of the womb at these times may have some effect even in pregnancy; so especial care must then be taken to avoid violent exertion, particularly any unusual lifting. Excessive grief, or shock to the system, is dangerous, and should be avoided if possible. If the woman has had a previous miscarriage, still greater care is necessary.

LYDIA E. PINKHAM'S TEXT-BOOK

General Health.

The increased work which pregnancy imposes upon the physical system is naturally an added strain, and needs sound health and the best possible condition of the organs especially involved. To assist in this, Lydia E. Pinkham's Vegetable Compound is of great value. It should be taken in liquid form.

Another precaution is to avoid overdoing; the added strain upon the body makes it unwise to subject it to unusual efforts, which might not at other times prove harmful. Many women are constitutionally weak, and should be on their feet as little as possible, frequently resting themselves by lying down.

Diet.

The diet in pregnancy is of especial importance. The food taken should be nutritious, but not of a heating or stimulating nature. Fats and sweets should be especially avoided, and less meat should be consumed than at other times. A little lean meat, the best beef, underdone mutton, or chickens, are best when any meat is taken.

The principal articles of diet to produce the best results are grains and their products, such as good bread, vegetables, and all the fruits that can be eaten and relished.

The eating of those articles of food containing the mineral elements that build up the bony structure,

LYDIA E. PINKHAM'S TEXT-BOOK

tends to make childbirth difficult and painful. If an easy time is desired—and who does not desire it?—avoid those articles of food such as cabbage, cauliflower, and turnip, beans, barley, rye, oats, and most meats, and eat much fruit and vegetables.

Severe exercise and too hard work
Exercise, Air, are hurtful to a pregnant woman,
and Dress. but light exercise and an active,
cheerful life are of the greatest
benefit. Plenty of sleep should be taken, and the woman should take a good rest frequently when feeling tired; but, so far as is consistent with this, she should be active, exercise regularly, and do much in the open air. The rooms in which she lives and sleeps should be thoroughly ventilated. Common sense should tell everyone that when the body has need to enlarge, as it does in this condition, the clothing should be easy and loose, and not bind or feel tight. A trim, slender appearance is not appropriate nor desirable at this time, and no attempt should be made to secure it in any degree.

Next to the diet, perhaps the
Bathing. most important thing is the use of
baths. These are very necessary,
and should be taken at least once a day. A sponge bath is excellent, or rubbing the whole body with a wet towel, followed by friction with a dry one. Cool baths are refreshing, and prevent a feeling of heat and discomfort, which is likely to be very noticeable if they are neglected.

LYDIA E. PINKHAM'S TEXT-BOOK

The best bath, which should be used daily, is what is called the sitz bath, or sitting in cool water. Bath-tubs especially for this use are to be found in the best appointed bathrooms but for ordinary homes a tin tub designed for this purpose can be bought, or an ordinary washtub can be tipped up and supported by bricks or blocks under one edge of the bottom, so that one can easily sit in it.

Begin with water at a temperature of 90° . Use it a little cooler every day or two, until for the last three months or so it is no warmer than 60° . Sit in the water from three to eight minutes every day, rubbing dry and warm after it, and then lie down and rest thoroughly, taking a nap if possible. The best time for this bath is at about ten or twelve o'clock in the morning. If this time is inconvenient, take it just before going to bed at night.

A woman who has suffered much discomfort from pregnancy and childbirth will find these experiences altogether different, and hardly to be dreaded, if, next time, she follows these instructions as to diet and the cool sitting baths, and takes Lydia E. Pinkham's Vegetable Compound as directed.

CHAPTER IV

DISEASES OF THE FEMALE ORGANS

One of the most common and wearing ailments of woman is falling of the womb.

Falling of the Womb. This is apt to be caused by any severe or long-continued strain, as from lifting heavy weights, reaching up for articles placed too high above the head, jumping violently on the hard ground or floor, excessive dancing, constipation and similar causes.

The reason why strains have this effect is plain. The womb is intended to be held up in its place by strong muscles and ligaments. If these are weakened or over-strained in any way, so as to become unable to hold the womb in place, it sags down and produces an unnatural condition, causing a terrible dragging-down or bearing-down sensation, with constant discomfort and weariness.

Symptoms. Other symptoms of this trouble are a sensation of fulness around the lower extremity of the bowels; a dragging feeling in the groin; dull pains in the small of the back, which increase on exertion; difficulty in relieving the bowels; frequent desire to urinate, with difficulty in doing so; and painful

LYDIA E. PINKHAM'S TEXT-BOOK

menstruation. Naturally the patient becomes easily tired, and is much relieved by lying down.

Effect of Pregnancy. The increased weight of the womb during pregnancy causes an unusual strain upon the supporting muscles and ligaments, so that a pregnant woman should take special care to avoid falling of the womb. Sometimes the strain in giving birth to children, or the going about too early after childbirth, causes falling of the womb.

The mother should remain in bed for from two to six weeks after the child is born and take Lydia E. Pinkham's Vegetable Compound regularly. Its ingredients help to put the muscular system into excellent tone.

Other Displacements. Sometimes the womb does not fall much, the muscles and ligaments which hold it up remaining strong enough to keep it very nearly in its proper place, but some of them which support its upper portion give way, so that it is tipped either backwards, or, less frequently, forwards, and doubled or bent in a very uncomfortable manner.

Relief. Unless some sudden strain ruptures or disables a ligament, falling or displacement of the womb generally comes on gradually. If taken in time, it can usually be greatly relieved, if not entirely remedied.

LYDIA E. PINKHAM'S TEXT-BOOK

First remove all strain. Wear loose clothing which hangs from the shoulders. Keep the bowels open with Lydia E. Pinkham's Pills for Constipation. Urinate frequently. Do not overwork. Lie down as much as possible to rest, if not to sleep. Eat nourishing and easily digested food. Do not brood upon your troubles. Remember that thousands of women praise Lydia E. Pinkham's Vegetable Compound because they have found it beneficial in toning up and strengthening their systems.

Inflammation of the Womb. The womb, like other organs, is subject to inflammation from various causes. One of the most common is an unhealthy condition of the blood; others are irregular and painful menstruation; and exposure to cold during the time of menstruation; also displacements of the womb, constipation, tight clothing, cold douches, and improper use of pessaries. When there is inflammation of the ovaries, it is liable to extend to the womb.

Symptoms. The symptoms of this inflammation are easily recognizable. There is a constant dull pain in the region of the womb; the abdomen swells, the parts are very tender, and the weight of the clothes can scarcely be borne; there may be chills and fever, aching of the back and legs, and pains when passing urine; there is also a sense of weight which causes a straining, a burning heat, and a profuse discharge which will be mentioned later.

LYDIA E. PINKHAM'S TEXT-BOOK

Treatment. It is essential in these cases to rest warmly and quietly in bed, and to place hot applications upon the abdomen. If you have no hot water bottle, wring flannel cloths out of very hot water. Eat only lightly. Keep the bowels active by the use of Lydia E. Pinkham's Pills for Constipation. Take Lydia E. Pinkham's Vegetable Compound, preferably in the dry form, with alternate doses of Lydia E. Pinkham's Herb Medicine, taking two doses of each every day.

Leucorrhea or White Discharge. The womb, like the nose and throat, is lined with a mucous membrane. Inflammation of the womb causes a white discharge similar to that which results from a cold in the head. If neglected, this discharge may become chronic. It is more common in married women than in single women.

The effect of a continued discharge of this kind is to make the patient pale and thin, with dull eyes, poor circulation, and a melancholic outlook upon life.

Treatment. Get a bottle of Lydia E. Pinkham's Sanative Wash at once. Use it according to directions on the bottle, for a warm vaginal douche which should be taken by means of a fountain syringe. Begin by taking such a douche three times a day. As your condition improves, one daily douche will be suffi-

LYDIA E. PINKHAM'S TEXT-BOOK

cient. Such a douche is recommended after menstruation.

Lydia E. Pinkham's Sanative Wash is an improved form of a remedy that has been on the market for over forty years. It has been tested in the hospital under the doctors' supervision and is highly recommended as a cleansing, non-irritating antiseptic. It soothes and heals. It is refreshing and invigorating. As a deodorant, it prevents embarrassment.

Pruritus or Itching. Sometimes the passage of the white discharge irritates the surrounding external surface and causes unpleasant itching. This sensation may become so persistent and intense as to be almost unbearable.

Treatment. Perfect cleanliness is essential. The parts should be bathed three times a day with hot water to which either borax or a pure soap has been added. Dry by patting with a soft towel. Apply white vaseline or (preferably) carbolated vaseline generously with a swab of absorbent cotton. If this treatment does not relieve the itching, take a sitz bath as directed on page 31. The cleansing douches of Lydia E. Pinkham's Sanative Wash, by removing the cause of the trouble, should automatically relieve pruritus.

LYDIA E. PINKHAM'S TEXT-BOOK

Some of the most important causes are congestions of the organs of the Ovaries. at the menstrual period, sudden colds, getting the feet wet, excessive dancing, suppression of menstruation, and blood poisoning. In this disorder there is always tenderness in the region of the diseased ovary; severe pains to right and left of womb, extending backwards, which are increased by walking or riding; fever, chills and nausea.

Pains of a dull, dragging, heavy nature start from the ovary and pass down to the groin; and when the person affected is standing, there is apt to be an inclination to rest one foot upon the other to relax the muscles and bend the thigh. All symptoms will be aggravated by the menstrual flow, and this period will always bring on pain.

As motion irritates the inflamed parts, the patient should keep as quiet as possible and lie down much of the time. Keep the bowels open with Lydia E. Pinkham's Pills for Constipation. Paint the abdomen directly over the ovaries with iodine. Use Lydia E. Pinkham's Sanative Wash for a vaginal douche.

The womb and ovaries are parts of the body where diseased growths, such as tumors and cancers, may form. Such growths are more common during

LYDIA E. PINKHAM'S TEXT-BOOK

middle life. If you suffer excessive pain in the abdomen, if the abdomen is growing noticeably larger, or if you have an abnormal discharge from either the vagina or the rectum, consult a physician at once. All growths are not malignant (cancerous) but it is better to be sure than sorry. Some conditions can be remedied only by surgery and delay may prove fatal.

CHAPTER V

NERVOUS DISEASES AND OTHER AILMENTS

Everyone is familiar with the effects of nervous weakness, or what is popularly **Nervousness.** called nervousness. When a person is startled easily, is disturbed by every slight noise, interruption, or annoyance, fretful and complaining, fidgety or trembling, shaky and unsteady, she is probably suffering from weak or disordered nerves.

Many things may wear upon the nerves, but few things impose a harder strain upon them than the various disorders of the female system. Women seriously affected by such disorders are in danger of becoming nervous wrecks and falling into chronic invalidism by reason of nervous failure.

Pain, when long continued, shatters the nerves; many women after each monthly period become as nervous as if they had an attack of some disease. Inflammation and congestion wear upon the nerves, and when the organs of sex, especially sensitive and intimately connected with the nervous system, are inflamed and congested, the mischief to the nerves is especially great. It makes a great difference what

LYDIA E. PINKHAM'S TEXT-BOOK

part of the body is thus affected. A part which is not particularly sensitive may become inflamed without causing so much distress; but if anything irritates the eye, for instance, but little is required to produce exquisite torture.

Besides these nervous strains, there is what might be called nerve-starvation. In such cases the blood is impoverished, and fails to feed the nerves properly, the thousands of nerve threads in the body shrivel and waste, and the pain they give is really a cry of hunger. The tonic properties of Lydia E. Pinkham's Vegetable Compound cause it to relieve depression of the nerves and restore the blood to a condition where it will properly feed the nerves. If the nerves are worn out from the strain on the nerve centres, caused by local female disorders, Lydia E. Pinkham's Vegetable Compound will, by relieving these disorders, help to remove the cause of nerve troubles. So, in a large proportion of nervous troubles, a faithful use of this medicine will bring relief.

Restful Sleep.	People of nervous temperament and people who suffer from nervous ailments should get as much sound, restful sleep as possible.
---------------------------	--

The normal adult should average eight hours sleep out of twenty-four. Children should sleep from eight to twelve hours according to their age.

Since we spend one-third of our lives in bed, let's have a comfortable bed. It is false economy to buy

LYDIA E. PINKHAM'S TEXT-BOOK

a cheap mattress or spring. Get the best you can possibly afford, remembering that it will last for years and repay you with sound, refreshing sleep. A hair mattress is recommended because, though the first cost is greater, it can be remade. Turn your mattress at least once a week, side for side and top for bottom. It will then wear more evenly. Use a mattress protector. Box springs are particularly good for heavy persons.

Sleep with open windows. Have some air in your room every night in the year. Often we read in the newspapers of cases of asphyxiation which could have been prevented by fresh air in the room. During the storms of winter, use a screen covered with waterproof cloth or one of the metal screens sold in the stores to keep out the snow and rain while admitting the air. A wide board, cut to fit the window, with large holes bored to admit the air is a home-made device which answers the same purpose. It is more healthful not to have heat in the room where one sleeps. Don't let your window rattle. Use window wedges. Don't let your shade flap. It will keep you awake and will also wear out the shade.

**Sleep-
lessness.** There are few things more irritating than lying in bed wide awake hour after hour while the rest of the house sleeps. The more we toss and turn, the more nervous we get, and the more sleep eludes us. Nervousness, worry, excitement,

LYDIA E. PINKHAM'S TEXT-BOOK

indigestion and other conditions may cause sleeplessness.

Sometimes we can get to sleep by putting our mind on something else. There are many devices which sometimes work. Counting sheep is an old trick. Try reciting to yourself all the poetry you can remember. Breathe deeply and steadily. Have plenty of fresh air in your room. Use light bed clothing. The fragrance of a balsam pillow will sometimes make one drowsy. A cup of hot milk or a cracker eaten before retiring will sometimes prevent sleeplessness. Never go to bed with cold feet. A hot foot bath before retiring will help. Too frequent use of a hot water bottle may make the feet tender. Certainly it forms a habit. And is there anything as cold and clammy as this same hot water bottle next morning? Bed socks are better for they may be kicked off when the feet become warm. If you can't sleep, don't worry about it. Turn on the light and read. If it continues, try to find the cause. Do not resort to drugs and sleeping powders.

Headache is an affection of the nerves, to which some women are subject. It may
Headache. accompany almost any female ailment, in which case it is remedied by relieving that ailment. Headache takes various forms; sometimes it is a dull ache across the forehead or the top of the head; sometimes it is called migraine, or a pain over or in one or both eyes; sometimes it is

LYDIA E. PINKHAM'S TEXT-BOOK

called neuralgia, with sharp stinging pain over the eyes and temples. Some causes are more apt to produce one of these forms, some to produce another; but there is no absolute line between them, and it is hardly necessary to distinguish.

Headache may be caused by eye-strain. If you suffer from habitual headaches, consult an oculist first. Headache, like pain anywhere in the body, is an indication that something is wrong. Don't ignore the danger signal. Find out what is wrong and remedy it. Many women suffer intense headache during the menstrual period but are free from headache at other times.

To relieve headache temporarily take Lydia E. Pinkham's Phenrin. These tablets are harmless yet powerful. They contain no narcotics and will not affect the heart.

Unlike headache, neuralgia may affect the nerves almost anywhere. The word means nerve-pain; when it gets settled in the nerves of the face it might appropriately be called nerve-torture. It has the same causes as other nerve ailments. Often the immediate cause is cold, especially a damp cold, against which the garments do not afford sufficient protection. Back of this is some impairment of the nerves which renders them susceptible to such affections. This often comes from some disorder of the sexual organs.

LYDIA E. PINKHAM'S TEXT-BOOK

Girls seldom suffer from neuralgia before menstruation begins, but among the disturbances which may attend the establishment of the function is a dreadful neuralgic agony. In later years, neuralgia may come from pregnancy, too long-continued nursing of children, excessive menstruation, hysteria, impairment of the blood, tumors, and other disorders which sap the nervous strength. When a woman's hair turns grey early, that is likely to be due to lack of nerve strength, and such women usually suffer severely from neuralgia.

The symptoms of neuralgia are quite distinct. At first the skin feels numb, and the hands and feet are cold, indicating faulty circulation; then comes a slight, short pain, which stops and starts as though beating time, but always grows more intense; finally, the waves of pain seem to crush, and hammer, and burn, or to dart like a red-hot knife. After the attack you feel bruised and sore.

Whatever the cause of neuralgia—but especially where the female organs are at fault—you will gain wonderful relief by depending upon the tonic and corrective virtues of Lydia E. Pinkham's Vegetable Compound. This remedy should be used faithfully and persistently until the general health is restored and the shattered nerves are comfortable. The bowels should be kept rather loose. Lydia E. Pinkham's Pills for Constipation are excellent for this purpose, owing to their mildness. For nour-

ishment it is advisable to use cod-liver oil, plenty of butter or oil, and rather fatty food. A warm living room and a carefully ventilated bedroom are important; also plenty of sunshine.

Hysteria. Hysteria is one of the most puzzling ailments with which medical science has to deal and its unhappy victim is likely to obtain little sympathy. The name comes from a Greek word meaning the womb. The ailment usually affects young women of from 15 to 30—most frequently of from 15 to 20—with whom the condition of the womb is usually responsible. Luxury, over-work in school, anxiety, shock, unhappy marriage, and grief, may be other causes.

Symptoms. Attacks of hysteria are usually preceded by restlessness, depressed spirits, uneasiness and lack of self-control. Then comes a feeling as of a lump in the throat, and attacks of laughter; violent beating of the heart; the muscles of the limbs are thrown into spasms; the breathing is irregular; the cheeks are flushed, and the neck is swollen.

The various symptoms of hysteria may be referred to every function of the body. Complaint is made of pain that does not exist, which ceases when the attention is diverted, but is increased by inquiry and sympathy. The breasts and abdomen may be extremely tender. Memory may be good, but judg-

LYDIA E. PINKHAM'S TEXT-BOOK

ment and the power to do any regular work are wanting. The shrieking laughter that turns to tears, the morbid appeal for sympathy, the frequent disregard of the truth—these and many similar symptoms are familiar to all. Spasms, convulsions, and fainting spells sometimes occur.

Treatment. Lydia E. Pinkham's Vegetable Compound has such tonic properties that the use of it, if persisted in, is usually very beneficial. With its aid the sufferer may soon be able to exercise sufficient self-control to restrain hysterical actions. The general strength should be built up by taking also plenty of nutritious food, the mind should be pleasantly occupied, the surroundings made as cheerful as possible, and plenty of exercise taken in the open air and sunshine.

Melancholy and "The Blues" One of the common effects of disorders of the nerves arising from any of the causes which have been named, is continued despondency and melancholy. Women are especially liable to be affected with this in consequence of disorders of the sexual organism. Young women seldom are affected in this way except as an after-effect of unusually severe menstrual disorder; married women not infrequently suffer from it during pregnancy, and in consequence of frequent and difficult child-bearing; but during "Change of Life" it is

LYDIA E. PINKHAM'S TEXT-BOOK

experienced more or less, probably, by most women. There are other causes, such as mental care⁷ and sorrow, insufficient food, exhausting illness of any kind, or anything that produces extreme nervous exhaustion.

Anæmia Anæmia is the name given to a very serious condition where the blood is impoverished in character or insufficient in quantity. Anæmia may be due to insufficient or improper food; to want of light, air, or muscular exercise; to rapid growth and development in girlhood; to the failure of menstruation to become properly established at the right age; to profuse discharges or hæmorrhage; to frequent child-bearing and nursing; or to the presence of chronic constitutional diseases to which women are subject.

Symptoms. Anæmia usually affects girls and young women. The skin is pale, soft and flabby, and the complexion pallid. The sufferer loses flesh and feels languid, weak, sleepy, dull and depressed. She has pains about the body and head—often about the heart, with a tendency to fainting. The breath is short, she gasps and pants at the least exertion. The digestion is disturbed; there is nausea or sickness after meals, or on arising. Constipation is always present. The menstrual functions are necessarily deranged, the flow is scanty and painful, and the white discharge generally appears.

LYDIA E. PINKHAM'S TEXT-BOOK

Treatment. In anæmia caused by female complaints, Lydia E. Pinkham's Vegetable Compound provides the constitutional tonic required, and at the same time corrects the functional derangement. Recovery may seem slow. Keep the skin clean with occasional tepid baths. Take moderate exercise in the fresh air. Be careful to take an abundance of nourishing easily digestible food. The tendency to constipation will be overcome by Lydia E. Pinkham's Pills for Constipation. If the white discharge appears, it should be treated with Lydia E. Pinkham's Sanative Wash. What the body needs most is building and toning up, which is done by a tonic medicine like Lydia E. Pinkham's Vegetable Compound taken in connection with a generous diet, the aim being to make rich red blood in abundance, and to acquire vigor.

Head Colds. One of the most common ailments of humanity is the head cold. We "catch" cold unexpectedly and unexplainably. Colds are caused by germs and the best protection against colds is to keep our bodies in good physical condition. Build up your resistance by getting plenty of sunshine, fresh air, exercise and sleep. Eat nourishing food. Remember that you can help to build up your general health by taking Lydia E. Pinkham's Vegetable Compound with alternate doses of Lydia E. Pinkham's Herb Medicine. Keep your bowels open with

LYDIA E. PINKHAM'S TEXT-BOOK

Lydia E. Pinkham's Pills for Constipation. A clogged intestine is an ideal place for disease germs to multiply. Keep your bowels open as a safeguard against illness.

To Break Up a Cold.	At the first sign of a cold—sneezing, dull headache, tickling throat—take Lydia E. Pinkham's Phenrin. These tablets contain no narcotics. They will not affect the heart. They will effectively break up a cold in its early stages.
--------------------------------	--

CHAPTER VI

KEEP CLEAN INSIDE

**Cleanliness
Essential
to Health.** Every fastidious woman knows that frequent baths are essential to health and beauty. Nothing can take the place of simple, inodorous daintiness. Keeping clean inside is every bit as important as keeping clean outside.

Be sure that you have a regular and adequate movement of the bowels every day. Accumulated waste matter, if allowed to lie "like a dead rat in the intestines", will send its poisons to all parts of the body. Constipation can cause headache, bad breath, gas, muddy complexion, pimples, dull, tired feeling, lack of energy and a fretty disposition. Worst of all, it may bring on more serious troubles, for clogged intestines make an excellent place for disease germs to breed. Keep your bowels open and help to prevent illness.

Lydia E. Pinkham's Pills for Constipation. Every day that you do not have at least one regular and adequate movement of the bowels, take Lydia E. Pinkham's Pills for Constipation. These improved coated pills are easy to swallow and dependable in their action.

LYDIA E. PINKHAM'S TEXT-BOOK

Take one the first night. If necessary take two the second night. Continue taking one pill each night until there is a regular daily movement of the bowels.

These pills are made of purely vegetable ingredients. They are equally good for men and women and may be taken by any child over ten years of age. Lydia E. Pinkham's Pills for Constipation may be obtained from your druggist at a cost of about one cent a dose.

Indigestion. Indigestion is the result of too great a strain upon the stomach and other digestive organs. Indigestion may be caused by eating too fast, by eating too much, by eating food which is hard to digest or by eating at irregular and improper times. Those who suffer from indigestion should be more careful about their diet.

1. Eat slowly and chew your food.
2. Eat two vegetables (one green if possible) and one fresh fruit every day.
3. Eat some bulky food every day; whole wheat, whole cereals, bran, fibrous vegetables and fruit aid digestion.
4. Eat meat only once a day. Beans, peas, eggs, cheese and fish are excellent substitutes for meat.
5. Eat some hard foods—toast, crackers, bread crusts, celery, nuts, etc.—to help keep the teeth and gums in good condition.

LYDIA E. PINKHAM'S TEXT-BOOK

6. Take at least a pint of milk every day.

7. Don't over-eat. Don't eat too fast.

When you are "just ready to drop," don't force yourself to eat a hearty meal. Take a cup of cocoa or hot broth and rest a while. Excessive fatigue, like grief, anger, and strong emotion retards digestion. If your time is limited, a little food eaten slowly will do you more good than a heavy meal bolted with one eye on the clock.

Dyspepsia. Dyspepsia is partly a nervous complaint and partly a disorder of the digestive system. Like all forms of indigestion, it calls for a more careful diet. Many people obtain benefit by drinking a cupful of hot water every morning before breakfast. It is safe to take one-quarter teaspoon of common baking soda in one-half glass of cold water at any time. Pinkham's Indigestion Tablets are a wonderful aid to digestion.

"Nervous Stomach." "Nervous stomach" is not a disease but a temporary condition. It can be caused by any intense emotion such as grief, worry, excitement or fear. At such times we have little appetite. We have to force ourselves to eat and the food does us little good because our mental disturbance affects the nerves of the stomach and checks the action of the digestive fluids. It is best to eat light but nourishing food until we return to a more normal state of mind.

LYDIA E. PINKHAM'S TEXT-BOOK

Unpleasant Breath. Unpleasant breath may be caused by bad teeth which only a visit to your dentist can correct. Indigestion can also cause bad breath from the foul odors arising from undigested food in the stomach and the gases belched up. Bad breath is more offensive to others than we perhaps realize. Lydia E. Pinkham's Mouth Wash should be used daily but if the offensive breath is caused by a disordered stomach, we must correct this condition. Take Lydia E. Pinkham's Pills for Constipation.

Lydia E. Pinkham's Sanative Wash. For over forty years, fastidious women have been using Lydia E. Pinkham's Sanative Wash for vaginal douches. Recent improvements in the preparation have given the Sanative Wash a more effective therapeutic action and have simplified the treatment. It has been tested in the hospital under the doctors' supervision and is highly recommended as a cleansing, non-irritating, antiseptic and deodorant. It is refreshing and invigorating. It soothes and heals.

Prevent Embarrassment. For hygienic feminine cleanliness, use Lydia E. Pinkham's Sanative Wash as often as you bathe. Mix two tablespoonfuls of the Wash with one quart of warm water and apply as a vaginal douche by means of a fountain syringe. Such a cleansing douche is recommended

LYDIA E. PINKHAM'S TEXT-BOOK

after menstruation. Try it just once. Only one application is necessary to discover how refreshing a douche can be. You will be delighted at the new sense of well-being. Best of all, remember that as a deodorant, Lydia E. Pinkham's Sanative Wash prevents embarrassment.

CHAPTER VII

LYDIA E. PINKHAM'S HERB MEDICINE

The use of Lydia E. Pinkham's Herb Medicine is sometimes recommended in connection with Lydia E. Pinkham's Vegetable Compound, and it might be thought from this that our Herb Medicine is suited only for women, but such is not the case.

Lydia E. Pinkham's Herb Medicine is as good for men as for women; it is also good for the whole family—parents and children—and it is the purpose of this chapter to point out the usefulness of Lydia E. Pinkham's Herb Medicine as a reliable Spring tonic for all who need such a medicine. It takes the place of Grandma's "sulphur and molasses" and is much more pleasant to the taste.

Lydia E. Pinkham's Herb Medicine is a purely vegetable alterative tonic, recommended for debilitated conditions caused by impure or impoverished blood. An alterative tonic might well be explained as a rebuilder or repairer of the human system. It does this, first, by promoting assimilation; that is, it gives an appetite for food which results in the food being digested, enriching the blood and nourishing

LYDIA E. PINKHAM'S TEXT-BOOK

the body; secondly, by promoting elimination; that is, it assists the organs by which the body rids itself of the useless and harmful materials.

That This is a most common complaint
Spring and one of the surest indications for
Feeling. the use of Lydia E. Pinkham's Herb
Medicine. In the winter most persons are kept indoors more than they should be, on account of the cold weather. They do not get the supply of fresh air which they get in the warmer months, their rooms are often poorly ventilated and overheated, and they are apt to exercise less and consequently breathe less deeply and do not take into the lungs the amount of oxygen which is needful to purify the blood. They eat more food, and of a kind that is harder to digest, especially fat, which acts as a fuel to keep up the bodily heat. So the digestion perceptibly becomes impaired, the bowels sluggish, and the body saturated with waste and surplus materials, the same as our furnaces, when they are filled with coal and the fires are pushed in extreme weather, become clogged with ashes and clinkers.

Now, when the warmer days come and the stimulation from bracing cold weather is lost, these effects become more noticeable; especially if the heavy eating and confined mode of living are not at once discontinued. You begin to have a tired, heavy, sluggish feeling; become bilious and are likely to have humors and eruptions on the face and other parts of

LYDIA E. PINKHAM'S TEXT-BOOK

the body. For this condition take Lydia E. Pinkham's Herb Medicine, one tablespoonful a half-hour before each meal.

Humors and Eruptions. Humors and eruptions are among the most common indications and results of poor blood. They are the despair of the young person who wants to be attractive. They are very unpleasant and disfiguring, they give the face an unhealthy appearance, but usually they are not serious or dangerous enough to warrant consulting a physician. More serious results may come, however, at any time, from the impoverished state of the blood which they indicate. Good home treatment is necessary. Eat plain, nutritious and easily digested food and take Lydia E. Pinkham's Herb Medicine one-half hour before meals.

When eruptions and humors are at the worst, pimples appear upon the face, the complexion becomes muddy and dirty, the pores fail to clear themselves, and the natural oil of the skin solidifies in them and fills and clogs them. These accumulations collect dirt at the surface of the skin and show black, whence they are popularly called "blackheads." Thorough cleaning and washing with hot water and good soap (preferably sulphur soap), especially before going to bed, and provided the blood itself is well cleansed, will finally cause pimples and blackheads to disappear, and will clear a muddy, dirty complexion.

LYDIA E. PINKHAM'S TEXT-BOOK

These eruptions on the face take various forms. Impurities of the blood sometimes cause a terrible itching, not only of the face but of the arms and hands; and, it may be, almost all of the body. Then it is hard to avoid scratching which aggravates and develops an eczema.

One of these forms of skin eruption is called "salt-rheum"; it is relieved by removing the impurities which cause it. Lydia E. Pinkham's Herb Medicine should be taken to correct the cause of this trouble.

Boils and Abscesses. A boil comes from a local infection which the blood is not in sufficiently good condition to resist, and which almost always takes place through a hair follicle. Boils often come in "crops" of a dozen, more or less, one boil closely following another; sometimes there are several successive crops and the disease then becomes a very serious one. A single crop of boils may come from a series of local infections from the first boil; a succession of crops comes from distinct infections, showing that the blood is in such a poor condition that it cannot resist the abundant microbes which would have no effect upon a healthy person.

Painful as they are, boils do not extend below the skin, but there are similar inflammations and swellings which are much deeper seated, where pus forms and cannot readily be removed, sometimes not without a surgical operation. These are called abscesses.

LYDIA E. PINKHAM'S TEXT-BOOK

Sometimes an abscess forms in the ear, and such "risings in the head" are very painful and hard to deal with; occasionally they are so deep that they cannot be reached and may prove fatal. In order to prevent boils and abscesses, keep the blood in good condition by taking Lydia E. Pinkham's Herb Medicine in the Spring or whenever you have reason to suspect that the blood is poor or impoverished.

A carbuncle is something like a very large, bad boil, but it has a core and is much more serious.

Carbuncles. The trouble is more deeply seated and far more extensive. It indicates very poor blood and a bad general condition. It is often associated with diabetes, and a person who has a carbuncle should have a medical examination made to see if he has diabetes. A thorough course of treatment with Lydia E. Pinkham's Herb Medicine should be taken in order to restore the blood to its proper condition.

Malaria. Malaria appears in various forms, some of which are well-known under the names of "Chills and Fever," "Fever and Ague," "Intermittent Fever" and so on. As it is most prevalent in the neighborhood of swamps and marshes and among the rank growths of tropical and semi-tropical countries, it was formerly supposed to come from some poisonous substance in the air or soil, or from some poisonous property in them, especially in the air or soil in the neighborhood of swamps and marshes and where there was much

LYDIA E. PINKHAM'S TEXT-BOOK

decayed vegetable matter. Hence it took its name, Mal-aria, from "bad air." It is now known that air and soil have nothing to do with malaria. It is caused by a microbe; not, like many other diseases, from a vegetable germ, but from a minute animal parasite, introduced into the blood by the bite of an infected mosquito. The reason it is so prevalent around marsh lands is because that is where these mosquitoes are abundant. It is not every kind of mosquito that can carry the disease, so there is good hope, by exterminating the dangerous kinds of mosquitoes, of abolishing the disease.

When one of these mosquitoes bites a person suffering from malaria, the immature forms of the parasites in the blood drawn, pass into the body of the insect, where they develop and mature in about twelve days. Then if the infected mosquito bites another person, some of the adult parasites are injected through the wound into the blood.

In the blood, unless it has sufficient resisting properties to destroy these microbes, they attack and destroy the red corpuscles, and so seriously impair the general health, even though the acute symptoms—chills and fever—may be more or less completely controlled by prompt medical treatment.

Malaria is conquered by getting the blood into the best condition, which restores its red corpuscles and produces white corpuscles which destroy the parasites. Take Lydia E. Pinkham's Herb Medicine

LYDIA E. PINKHAM'S TEXT-BOOK

and make good blood to combat the microbes and to repair the ravages they have made before they were destroyed.



IMPORTANT

If you find this little book interesting and instructive, as we have no doubt you will, why not pass the good along to others?

If you have friends to whom the book would be of value, you can do them a favor by sending us their names and addresses on the enclosed card, for we will at once mail a copy to each of them.

LYDIA E. PINKHAM'S MEDICINES

Lydia E. Pinkham's Vegetable Compound

Endorsed by over 400,000 Women.

The original Pinkham medicine and best known of all. It has been on the market for over fifty years.

Put up in two forms:

Liquid.

Tablet.

Lydia E. Pinkham's Herb Medicine

A Spring medicine that may be taken at any time when a general tonic is needed.

Equally good for men and women.

Lydia E. Pinkham's Sanative Wash

For vaginal douches.

A cleansing, non-irritating, hospital-tested antiseptic.

As a deodorant, it prevents embarrassment.

Lydia E. Pinkham's Pills for Constipation

Improved, coated, laxative pills.

Equally good for men and women. May be taken by any child over ten years of age.

Keep them in your medicine chest.

Lydia E. Pinkham's Phenrin

To relieve headache and neuralgic pains.

To break up a cold in its early stages.

Contains no narcotics. Will not affect the heart.

Lydia E. Pinkham's Liniment

To relieve pain caused by strains, sprains and muscular lameness.

Lydia E. Pinkham's Pile Suppositories

Bring welcome relief from hemorrhoids or piles.

Lydia E. Pinkham's Pectorant Balsam

To stop a cough caused by a cold.

To soothe irritated throats.

Lydia E. Pinkham's Prophylactic Mouth Wash

Keep your mouth clean and help to prevent disease.

Lydia E. Pinkham's Indigestion Tablets

A harmless aid to digestion.

For Sale By Druggists

Manufactured by

LYDIA E. PINKHAM MEDICINE CO.

Lynn, Massachusetts, U. S. A.

